

# Fun Fact of the Week

## How Far You Must Walk to Burn the Thanksgiving Calories\*

### *Walk off What You Eat at the Feast*

By Wendy Bumgardner

How far would you need to walk to burn off the Thanksgiving feast calories? Check this chart to find out how far you'll need to walk in miles, kilometers, and steps. Note the distance needed for your favorite foods and make a walking plan.

The average Thanksgiving dinner can easily total 3,000 calories, and it's common to add another 1,500 calories with some snacks and drinks before and after.

#### **Thanksgiving Calories and Walking Chart**

These numbers are based on an American of average weight and an average stride length of 2,000 steps per mile. Your mileage may vary, as the [calories burned per mile](#) depends on your weight. Also, the number of steps you take per mile varies with your stride length.



| Drinks:                                | Calories | Miles | KM  | Steps |
|----------------------------------------|----------|-------|-----|-------|
| 1 mixed drink                          | 250      | 2.9   | 4.7 | 5,882 |
| 1 glass wine                           | 120      | 1.4   | 2.3 | 2,824 |
| 1 cup coffee with cream and sugar      | 50       | 0.6   | 0.9 | 1,176 |
| 1 glass cider or sparkling grape juice | 120      | 1.4   | 2.3 | 2,824 |
| 1 cup eggnog                           | 343      | 4.0   | 6.5 | 8,071 |

| <b>Snacks:</b>                   | <b>Calories</b> | <b>Miles</b> | <b>KM</b> | <b>Steps</b> |
|----------------------------------|-----------------|--------------|-----------|--------------|
| 1 celery stalk with cream cheese | 45              | 0.5          | 0.9       | 1,059        |
| 1 cracker with cheese            | 70              | 0.8          | 1.3       | 1,647        |
| 1/2 cup mixed raw vegetables     | 25              | 0.3          | 0.5       | 588          |
| 1/2 cup mixed nuts               | 440             | 5.2          | 8.3       | 10,353       |
| 1/2 cup fresh fruit              | 60              | 0.7          | 1.1       | 1,412        |
| 1 ounce tortilla or potato chips | 150             | 1.8          | 2.8       | 3,529        |
| 1 tablespoon dip for chips       | 75              | 0.9          | 1.4       | 1,765        |
| <b>Salads:</b>                   | <b>Calories</b> | <b>Miles</b> | <b>KM</b> | <b>Steps</b> |
| 3 cups salad with diet dressing  | 100             | 1.2          | 1.9       | 2,353        |
| 1 tablespoon ranch dressing      | 75              | 0.9          | 1.4       | 1,765        |
| 1/2 cup gelatin with fruit       | 120             | 1.4          | 2.3       | 2,824        |
| 1/2 cup Waldorf salad            | 110             | 1.3          | 2.1       | 2,588        |

| <b>Main Course:</b>            | <b>Calories</b> | <b>Miles</b> | <b>KM</b> | <b>Steps</b> |
|--------------------------------|-----------------|--------------|-----------|--------------|
| 6 ounces cured ham             | 300             | 3.5          | 5.7       | 7,059        |
| 6 ounces white and dark turkey | 340             | 4.0          | 6.5       | 8,000        |
| 6 ounces prime rib             | 330             | 3.9          | 6.3       | 7,765        |
| 1/2 cup stuffing               | 180             | 2.1          | 3.4       | 4,235        |
| 1/2 cup cranberry sauce        | 190             | 2.2          | 3.6       | 4,471        |
| 1/2 cup mashed potatoes        | 150             | 1.8          | 2.8       | 3,529        |
| 1/2 cup gravy                  | 150             | 1.8          | 2.8       | 3,529        |
| 1 baked potato with sour cream | 150             | 1.8          | 2.8       | 3,529        |
| 1/2 cup green bean casserole   | 225             | 2.6          | 4.3       | 5,294        |
| 1/2 cup sautéed green beans    | 50              | 0.6          | 0.9       | 1,176        |
| 1/2 cup candied sweet potatoes | 150             | 1.8          | 2.8       | 3,529        |
| 1 dinner roll                  | 110             | 1.3          | 2.1       | 2,588        |
| 1 pat butter                   | 45              | 0.5          | 0.9       | 1,059        |

| <b>Dessert:</b>                                     | <b>Calories</b> | <b>Miles</b> | <b>KM</b> | <b>Steps</b> |
|-----------------------------------------------------|-----------------|--------------|-----------|--------------|
| 2 chocolate mints                                   | 60              | 0.7          | 1.1       | 1,412        |
| 2 small chocolate chip cookies                      | 150             | 1.8          | 2.8       | 3,529        |
| 1 piece apple pie (1/8 of 9-inch pie)               | 410             | 4.8          | 7.8       | 9,647        |
| 1 piece pecan pie (1/8 of 9-inch pie)               | 480             | 5.6          | 9.1       | 11,294       |
| 1 piece pumpkin pie (1/8 of 9-inch pie)             | 180             | 2.1          | 3.4       | 4,235        |
| 1/2 cup whipped cream                               | 75              | 0.9          | 1.4       | 1,765        |
| 1/2 cup ice cream                                   | 145             | 1.7          | 2.8       | 3,412        |
| 1 small piece fudge                                 | 70              | 0.8          | 1.3       | 1,647        |
| <b>Leftovers:</b>                                   | <b>Calories</b> | <b>Miles</b> | <b>KM</b> | <b>Steps</b> |
| 1 turkey sandwich with mayo and cranberry sauce     | 450             | 5.3          | 8.5       | 10,588       |
| 1 open-face turkey sandwich with stuffing and gravy | 290             | 3.4          | 5.5       | 6,824        |

\*<https://www.verywellfit.com/thanksgiving-calories-how-far-youll-need-to-walk-3859580>